



# CALIFORNIA WorksWell

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## Stay Well by Controlling Your Cholesterol

Keep a healthy heart



**HEART DISEASE** is this country's number one killer of both men and women. High cholesterol increases your risk for heart disease. Choosing food wisely and staying physically active can help control your cholesterol and keep your heart healthy.

Diet is important. If we eat too much food that is high in saturated fat, we increase our risk for heart disease. It is estimated that one out of three people need to make some diet changes to lower their risk for heart disease.

Learning more about nutrition is a good place to start.

See "Cholesterol" on page 8



## Do You Know How to Control Diabetes?

**YOUR DOCTOR SAYS YOU HAVE DIABETES. DON'T WORRY.** It's not the end of the world. Sure, you will need to make some changes, but studies show that you can live a long and active life if you control your diabetes.

### The 7 Principles of Diabetes Care

1. Find out what type of diabetes you have.
2. Get regular care for your diabetes.
3. Learn how to control your diabetes.
4. Treat high blood sugar.
5. Monitor your blood sugar level.
6. Prevent and diagnose long-term diabetes problems.
7. Get checked for long-term problems and treat them.

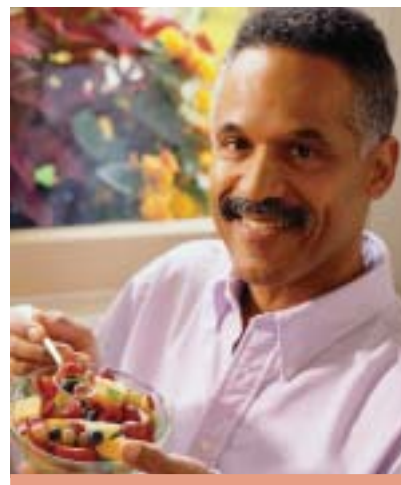
### Principle 1: Find Out What Type of Diabetes You Have

**TYPE 1 DIABETES.** People who have this type of diabetes need to take insulin every day. This type of diabetes used to be called juvenile diabetes.

**TYPE 2 DIABETES.** This type of diabetes can often be controlled by the food you eat and regular physical activity. Some people may also need to take diabetes pills or insulin. This type of diabetes used to be called adult onset diabetes.

**RISK FACTORS FOR DIABETES.** Are you at risk for diabetes? Some risk factors are:

- Being older than 45
- Being overweight
- Having a close family member, like a parent, brother, or sister, who has, or had, diabetes



- Having had diabetes when you were pregnant
- Being African American, Hispanic/Latino, Asian American or Pacific Islander, or Native American.

### Principle 2: Get Regular Care for Your Diabetes

People with diabetes should:

- Always receive high-quality care.
- Work with health care providers to make changes to their treatment plan when needed.
- See a doctor, diabetes educator, or a nutritionist on a regular basis.
- Be able to get their health care needs taken care of regardless of their race, age, disability, or ability to pay.
- Get support from family, friends, and coworkers.

See "Principles" on page 8

- Be able to get car insurance and a driver's license.
- Be treated fairly at work.
- Be able to get Medicare to help pay for diabetes supplies, if they are on Medicare.

### Principle 3: Learn How To Control Your Diabetes

You and your family have the right to get the information you need from your doctor and other health care providers to help you learn how to control your diabetes.

#### HOW ACTIVE ARE YOU IN CONTROLLING YOUR DIABETES?

- I ask my doctor for accurate information about my diabetes.
- I have talked with my doctor about referrals to other people, like nutritionists and diabetes educators.
- I ask the diabetes educator and nutritionist about diet and other ways to control my diabetes.
- I talk to my doctor regularly about my special needs and controlling my diabetes.

If you have done everything on the list above, you are taking an active role in learning how to control your diabetes.

### Principle 4: Treat High Blood Sugar

The number one goal of diabetes treatment is to control high blood sugar levels.

Some of the ways that this can be accomplished are:

- Eating a healthy diet
- Getting regular physical activity
- Taking medicine for your diabetes if your doctor tells you to
- Testing your blood sugar.

### Principle 5: Monitor Your Blood Sugar Level

#### TESTING YOUR OWN BLOOD SUGAR

You may need to test your own blood sugar on a regular basis to help you control your diabetes. Your doctor will tell you how to do this if you need to.

#### HEMOGLOBIN A-1-C TESTING

A hemoglobin A-1-c test is done by your doctor. It measures how well your blood sugar has been controlled over the last 2 to 3 months. This test is very important because it tells you how well you are taking care of your diabetes.

### Principle 6: Prevent and Diagnose Long-Term Diabetes Problems

People with diabetes must control their blood sugar levels to prevent problems.

Long-term complications of diabetes are:

- Eye disease
- Kidney disease
- Nerve damage
- Heart disease and stroke

#### Remember:

To help control and manage your diabetes, you should also:

- Eat a healthy diet
- Take medicine if your doctor tells you to
- Get regular physical activity
- Get regular foot and eye exams
- Work with your health care providers to do these things

### Principle 7: Get Checked for Long-Term Problems and Treat Them

To check for problems that diabetes can cause, you should see your doctor or other health care providers on a regular basis. Doing this can prevent problems or find them early, when they can be treated and managed well.

Ask your doctor or other health care providers about any tests you may also need to have.

To learn more about diabetes, call 1-800-Diabetes or check [www.diabetes.org](http://www.diabetes.org). To learn more about the Department of Health Services, California Diabetes Control Program's statewide diabetes campaign, call (916) 445-8732 or check [www.dhs.ca.gov/diabetes](http://www.dhs.ca.gov/diabetes).

### 8 Great Ways to Get Your Cholesterol Under Control

1. If you need to, reduce excess body fat so that you reach your ideal body weight.
2. If you drink alcohol, do so in moderation.
3. Don't smoke, and avoid second-hand smoke.
4. Eat more fiber – fruits, vegetables, and whole grains and cereals.
5. Exercise!
6. Limit your dietary cholesterol intake by restricting fatty food.
7. Take time to relax. Learn stress-management techniques. Spend some quiet time alone each day.
8. Take medication, if you must. See your doctor to ask about the type of medication that may be right for you.

The above information was provided by the American Heart Association and the American Dietetic Association. Article submitted by the StayWell Program, sponsored by the California Department of Aging. For senior services and programs available in your local area call 1-800-510-2020, TTY 1-800-735-2929.

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